

## Make Your Custom Emergency 72 Hour Kit

I have seen these three-day kits become more available commercially available. They are in Wal-Mart and now recently at my local independent grocery store. You can easily make your own kit customized to your personal situation. Be sure to update your kit with additional items as your needs and situations change. We will use the next few pages to cover suggestions and ideas you should consider. Make a list of what you need personally and then prepare your 72 hour kit. As you choose the items that you want in your kits keep in mind that each person's needs vary and that you have to carry it. You don't require everything. The list is intended to give you ideas to consider.

Now build an emergency kit to take with you in an evacuation. This is often called a "72 hour kit" or a "Go Bag." The basics should include: enough food and water for at least three days; an extra change of clothes; a sleeping bag or space bag. If you do not have a sleeping bag a blanket or space blanket is better than nothing. If your kit includes canned food, you will also want a manual can opener.

You should also consider the unique circumstances of infants, the elderly, people with disabilities and others who require special attention. Place all the collected items in a large plastic bag, a backpack or anything that can easily be carried. Remember, this is an emergency situation. Designer-hip look is just not that important.



The best part of this planning is that you probably already have most of the items in your home. So once again, start with a plan and then work the plan. Choose from the following lists what you will put in your evacuation kits. Only pick the items that you need! Remember the weight of the kit is important because you will be carrying it.

Keep in mind that a 72 hour kit will quickly be used up. Many emergencies could last much longer. There are people who wait three to five weeks to get services restored in major disasters. With this in mind, it is a good idea to have a minimum 30 days supply of food, medications and clothing. These items should be securely stored in your home. Even if you have government help, after 72 hours there will be holes in what you need and what they have to give.

This is an over complete list you should choose only the items that you need because you have to carry it!

- Battery-Powered Or Hand Crank Radio And Extra Batteries
- Large Kitchen Garbage Bags (To Keep Clothing/Blanket Dry)
- Blanket (Fleece or Wool Works Great)
- Manual Can Opener
- Flashlight And Extra Batteries
- Food - Ready-To-Eat
- One change of clothes
- Manual Can Opener For Food
- Matches / Lighter
- Emergency Cash in Small Bills
- Change For Phone Calls
- Sleeping Bag Or Warm Blanket For Each Person
- Additional Bedding If You Live In A Cold-Weather Climate.
- Water- One Gallon Of Water Per Person Per Day For Three Days
- Peanut Butter (Protein)
- Dried Fruit/Fruit Snacks (Drink Extra Water)
- Ramen Noodles
- Fruit Cocktail
- Instant Oatmeal
- Raisins, Prunes, Fruit Leather
- Hot Cocoa Mix
- Canned Fish Or Chicken
- Chips (Best In Tube)
- Crackers, Saltine Or Graham Crackers
- Nuts/Nut Rolls/Pudding (Other High Protein Snacks)
- Granola Bars
- Soup
- Powdered Milk
- Sugar Cookies
- Candies That Don't Melt
- Sweetened Cereal
- A Copy Of Important Documents (Will Or Trust Information Copies)
- Additional Warm Clothing If You Live In A Cold-Weather Climate
- Any Special-Needs Items
- Cell Phone With Chargers, Inverter Or Solar Charger
- Copy Of Health Insurance And Identification Cards
- Don't Forget To Make A Go-Bag For Your Pets
- Extra Keys To Your House And Vehicle
- Money
- Extra Eye Glasses
- Hearing Aid
- Cane
- Crutches
- Family Photographs
- Identification For Each Family Member
- List Of Allergies To Any Drug (Especially Antibiotics) Or Food
- List Of Emergency Contact Phone Numbers
- Local Map
- Permanent Marker, Paper And Tape
- Photos Of Family Members And Pets For Identification
- Rain Gear/Poncho
- Bottle Of Hand Sanitizer
- Comb / Brush
- Deodorant
- Feminine Hygiene Supplies
- Improvised Toilet Seat (For Bucket)
- Moist Towelettes, Garbage Bags And Plastic Ties For Personal Sanitation
- Unscented Liquid Household Bleach (Dilute, Nine Parts Water To One Part Bleach As A Disinfectant)
- Personal Hygiene Items
- Shampoo
- Shaver
- Soap
- Toilet Paper
- Toothbrush And Toothpaste
- Wash Cloth And Towel
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